

**Linda Clair**  
**Four-and-a-half-day Meditation Retreat**  
**Cold Ash Retreat Centre, Newbury, UK**  
**13 – 17 November 2019**  
**Transcription from Audio Recordings**

**File 4a – Saturday morning guided meditation**

So take a few deep breaths into the belly. It's always good to do this at the beginning of a sitting particularly, just to reaffirm that you're here in your body right now, you're nowhere else. "I'm in my body, wherever I am, I'm in my body."

Take your attention to the top of your head. And even if you've done this hundreds of times before, treat this like the first time. You're exploring your body – being in your body. And it's always changing, always. Nothing is ever the same. And the resistance you feel is really the resistance to change. Feel the sensation on the top of your head however it feels right now – there's no need to compare it to anything. Feel the sensation of your eyelids on your eyes. Can you feel it without commenting, without judging? And keep breathing into the belly.

Feel your breath going through your nostrils – the sensation – not how it makes you feel, just the sensation, because there's no way that you should be feeling. There's no sensation that you want to feel all the time. So be careful you don't get attached to any one sensation, any one state. You're not looking for a fixed state. You're not looking for a fixed anything.

Feel your mouth, your lips, your tongue touching the palate, your jaw and your chin. Take your attention to your shoulder and feel your shoulders, inside your shoulders. And whatever you're feeling is fine. Go to your left shoulder and go down your arm to your elbow and feel your elbow. Then go down to your left hand and feel your hand. And feel your thumb and each finger. Feel your whole left arm. Then take your attention to your right shoulder and feel your shoulder. Go down your arm to your right elbow, then down to your right hand and feel your hand. And feel your thumb and each finger.

Take your attention to your chest and as you breathe in and out, and it's good to breathe in and out through the nose, feel the gentle movement of your chest as your body is breathing. Then go down to the abdomen. This is the place where you feel fear. And there's a lot of fear associated with the breath. So really feel it. Feel your abdomen rising and falling as your body is breathing. That's all you need to do; you don't need to do anything with it – just feel the sensation as simply and directly as possible.

Feel your knees, your feet. Feel your spine from the top of the spine, down your back. So keep your body straight without being rigid. This isn't about being rigid and fixed. Feel your whole body here now, nowhere else. You might think you want to be somewhere else but really where you want to be is here now, wherever it is. So each time you realise you're not fully here – you've been lost in your own personal past, it's all to do with you – bring your attention back to the body.

Of course, even your body is not real, but it's the most real, tangible thing that you've got to use in this existence. You're changing your point of reference from your past, from your thought, from time, to your body. So trust your body. Go as deeply into your body as you can. Whatever you're doing today, be in your body. It's your last full day, so use it.